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IDENTIFIERS Project HIRE

ABSTRACT

Designed as supplemental material to on-going instruction in the vocational program, this third of three picture dictionary booklets in the Culinary Arts series is intended to assist the learning handicapped student to master the core vocabulary taught in the trade. Intended for individual or small group instruction with minimal supervision, this module contains six lessons: (1) Soups, (2) Vegetables, (3) Sauces, (4-5) Meat, and (6) Desserts. The format for each lesson includes (1) general directions, with a list of words taught in that lesson, and (2) each word presented on a separate page with a representative picture and simple definition. (The module is intended for use with a cassette tape and flash cards.) An alphabetical index to the vocabulary words in the module is given at the back of the booklet. Two other dictionaries in this series are available as CE 024 415 and CE 024 416. An accompanying teacher's manual is available separately as CE 024 414. (This is one of five series of materials developed by Project HIRE. The two-volume final report of the project is available as CE 024 117 and CE 024 118. See Note for the other series.) (YLB)

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Culinary Arts

3

Dictionary

PROJECT HIRE

CE 024 417

Culinary Arts Dictionary

For Resource Room Instruction

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School of Education

Department of Business
and Career Education
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BOOK III

Lesson 10

Soups

CULINARY ARTS

Book III

DIRECTIONS:

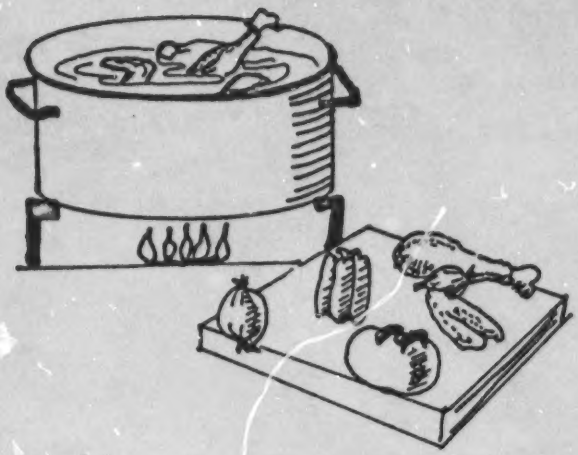
1. The words in this lesson are:

broth
bouillon
bouillabaisse
consomme
gumbo
bisque
irish stew
mirepoix
fumet

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

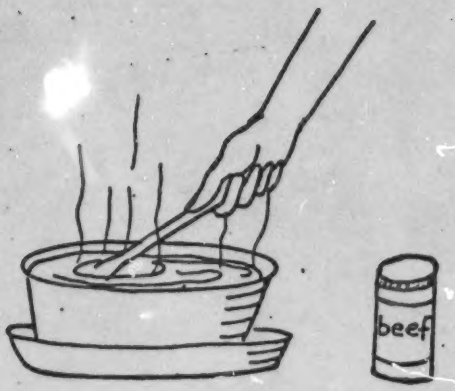
3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 105. The tape will say the words again.



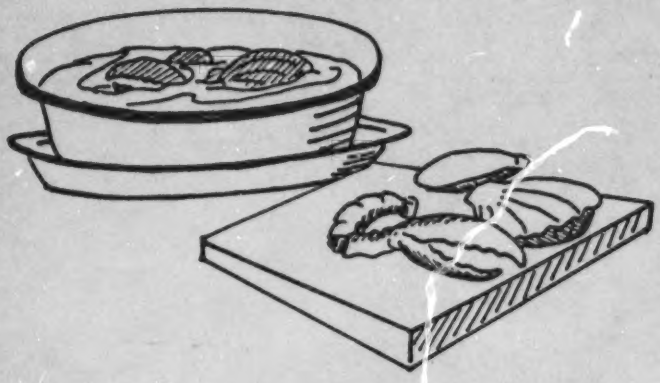
broth

Broth is the liquid made when meat, fish, chicken or vegetables are cooked in water.



bouillon

Bouillon is a clear soup most often made with beef.

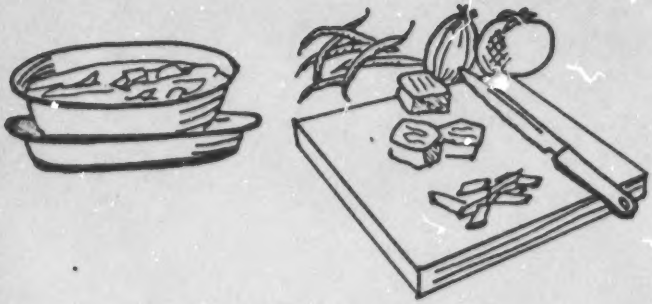


bouillabaisse

Bouillabaisse is a soup made with fish and sea-food. It has clams in the shell in it.

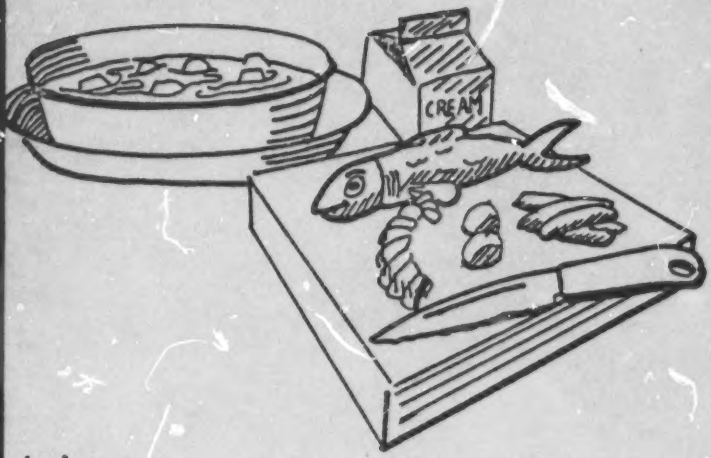
consomme

Consomme is a clear soup made from meat stock.



gumbo

Gumbo is a thick soup with vegetables and meat. One of the vegetables is okra.

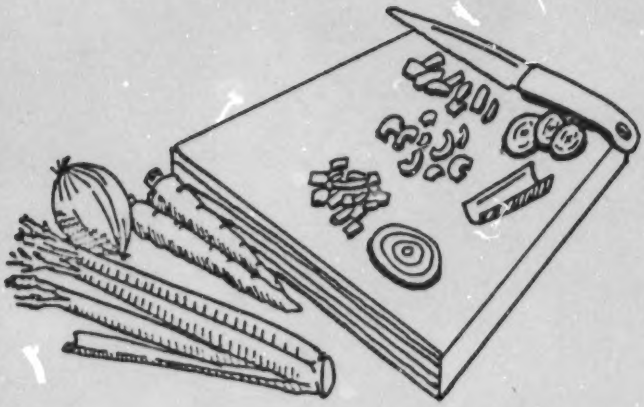


bisque

Bisque is a thick soup with tiny bits of fish or seafood. It has cream in it.

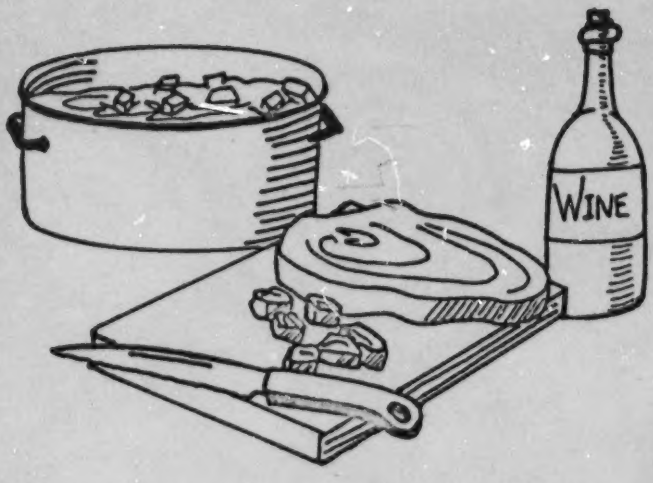
Irish stew

Irish stew is a thick stew made with lamb, potatoes, onions, and turnips.



mirepoix

Mirepoix is a mixture of diced carrots, onions and celery. This mixture is added to liquid to make soup.



fumet

Fumet is a stock made from cooking meat, fish or game in wine.

DIRECTIONS CONTINUED:

1. Now you should get cards 105 to 113 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

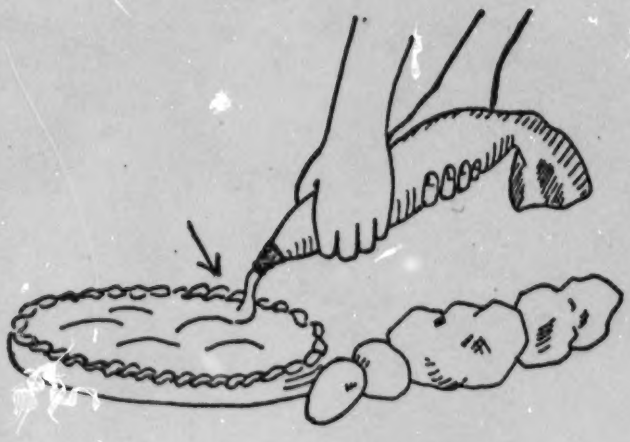
5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 10. Now rewind this tape and get cards 105 to 113.

BOOK III

Lesson 11

Vegetables



duchess potatoes

Duchess potatoes are made from boiled potatoes that have been whipped with egg yolks. They are then pressed through a pastry tube.

CULINARY ARTS
Book III

DIRECTIONS

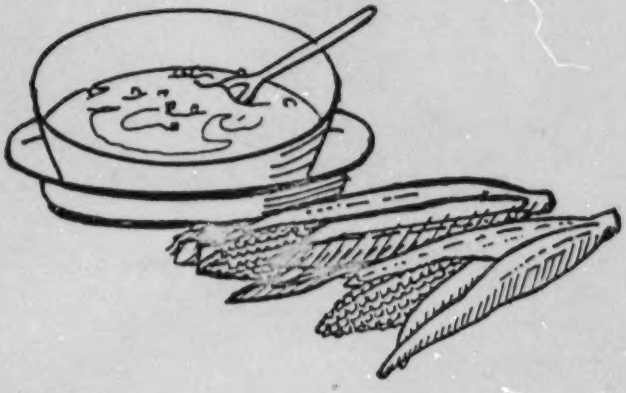
1. The words in this lesson are:

duchess potatoes
hominy
shallot
chick peas
escarole
zest
florentine
lyonnaise
deviled
O'brien

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

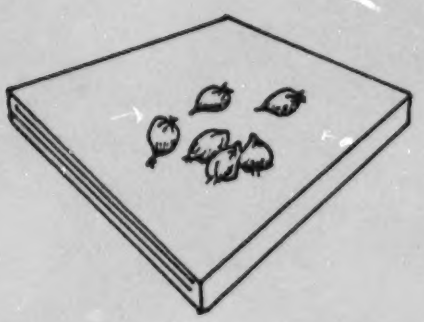
3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 114. The tape will say the words again.



hominy

Hominy is a cereal made from pieces of corn.

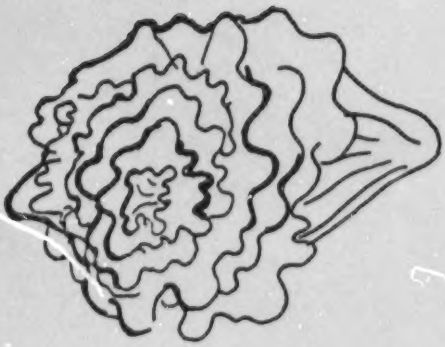


shallot

A shallot is a small onion-like vegetable.

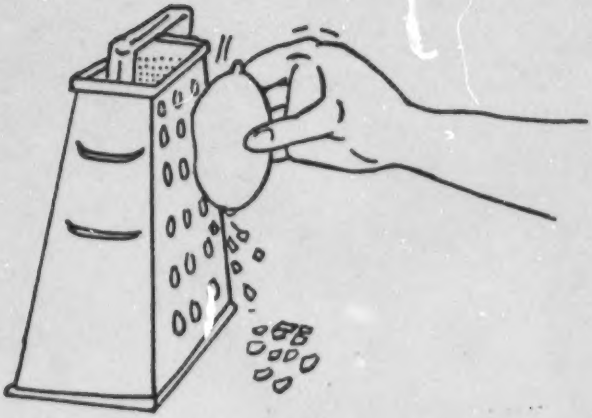
chick peas

Chick peas are small round yellow beans used in salad or soup.



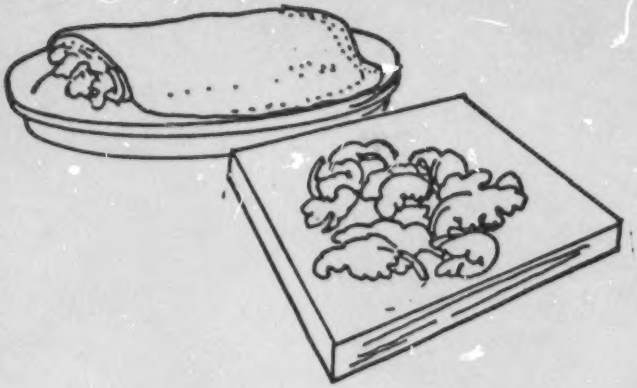
escarole

Escarole is a green vegetable that is like lettuce. Escarole is used in salads.



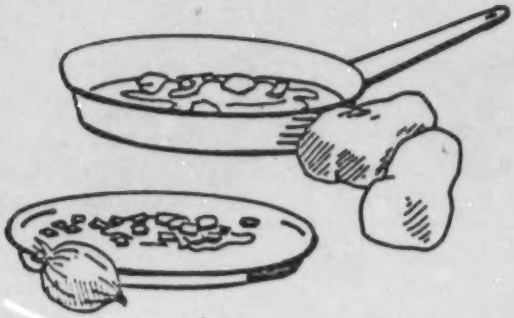
zest

Zest is the rind of a lemon or orange used in cooking.



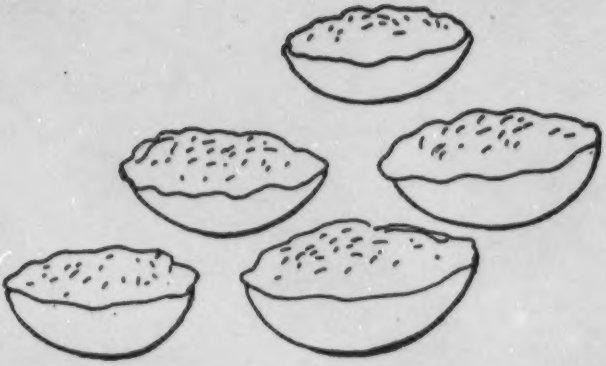
florentine

Florentine means that spinach has been added to the food, such as eggs florentine or clams florentine.



lyonnaise

Lyonnaise means that food has been mixed with small pieces of sauteed onion. This mixture of food and onions is then sauteed. Potatoes can be lyonnaised.



deviled

Deviled means food that has been spiced with pepper, mustard, and tobasco, such as deviled egg.

O'Brien

O'Brien means that small diced green peppers and pimentos have been added to food. This mixture is then sauteed together. You can make potatoes O'Brien.

DIRECTIONS CONTINUED:

1. Now you should get cards 114 to 123 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 11. Now rewind this tape and get cards 114 to 123.

BOOK III

Lesson 12

Sauces

CULINARY ARTS

Book III

DIRECTIONS:

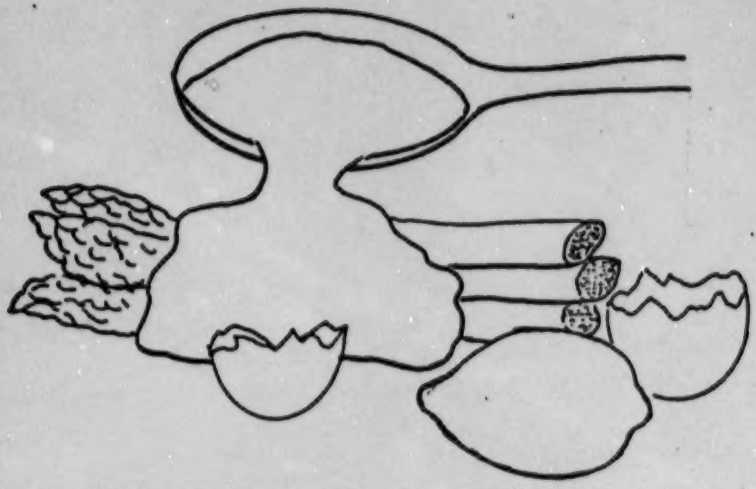
1. The words in this lesson are:

   hollandaise sauce
   stock
   veloute
   espagnole sauce
   tomate sauce
   bechamel sauce
   white wash
   arrowroot
   roux

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 124. The tape will say the words again.

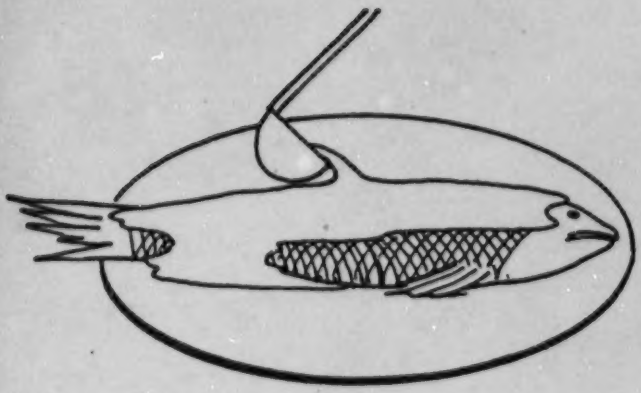


hollandaise sauce

Hollandaise sauce is a yellow egg sauce made from egg yolks, lemon juice, and butter. Hollandaise sauce is put on eggs, vegetables, and fish.

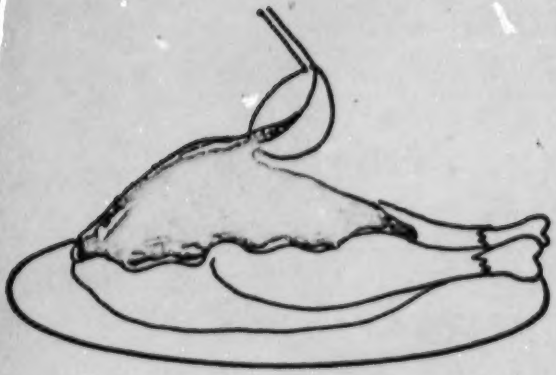
stock

Stock is the liquid from unusable meat, vegetables or fish.



veloute sauce

Veloute sauce is a white sauce made from stock. Veloute sauce is put on meat or fish.

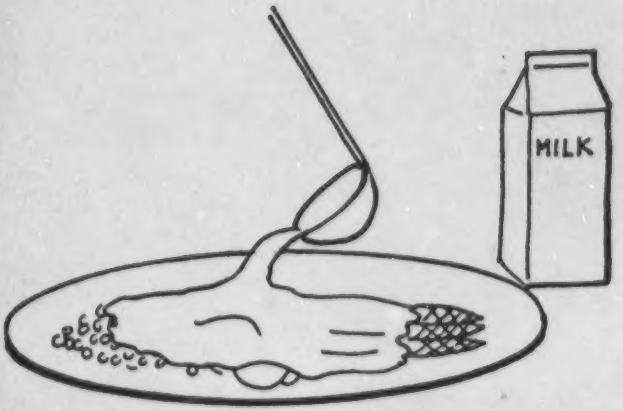


espagnole sauce

Espagnole sauce is a thick brown meat sauce made from brown stock. Espagnole sauce is put on meat or chicken.

tomate sauce

Tomate sauce is a red vegetable sauce made from tomato juice. Tomate sauce is put on meat, fish, chicken, vegetables or macaroni.

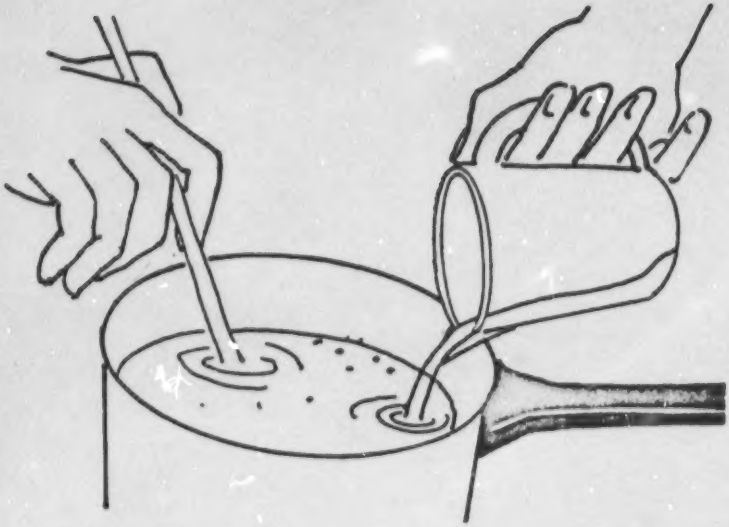


bechamel sauce

Bechamel sauce is a white cream sauce made from milk. Bechamel sauce is put on vegetables, fish, chicken and macaroni.

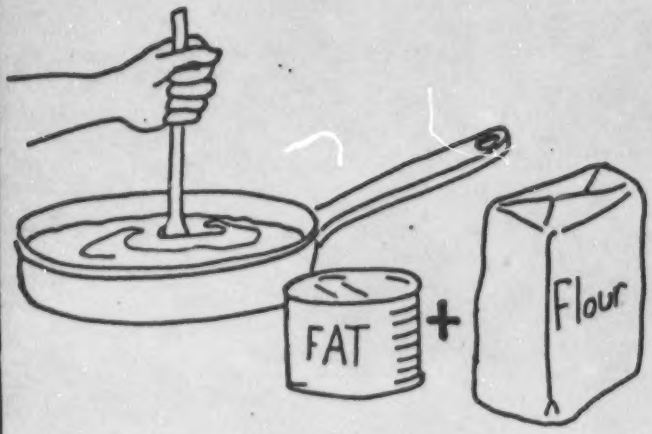
white wash

White wash is a mixture of flour, cornstarch and water. White wash is added to a sauce to make it thicker.



arrowroot

Arrowroot is a starch made from plants. Arrowroot is added to a soup to make it thicker.



roux

Roux is a mixture of fat and flour. Roux is added to a sauce to make it thicker.

DIRECTIONS CONTINUED:

1. Now you should get cards 124 to 132 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 12. Now rewind this tape and get cards 124 to 132.

BOOK III

Lesson 13

Meat

CULINARY ARTS

Book III

DIRECTIONS:

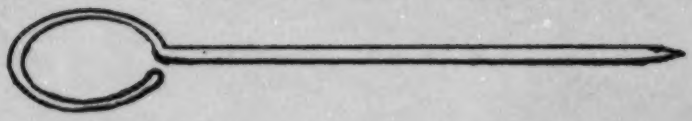
1. The words in this lesson are:

skewer
broch
en brochette
spit
filet
giblet
cacciatore
suet
filet mignon

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

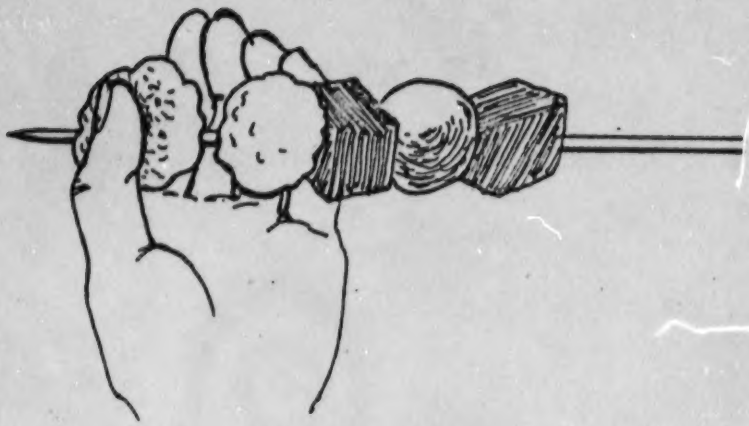
3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 133. The tape will say the words again.



skewer

A skewer is a long metal pin used to hold pieces of food.

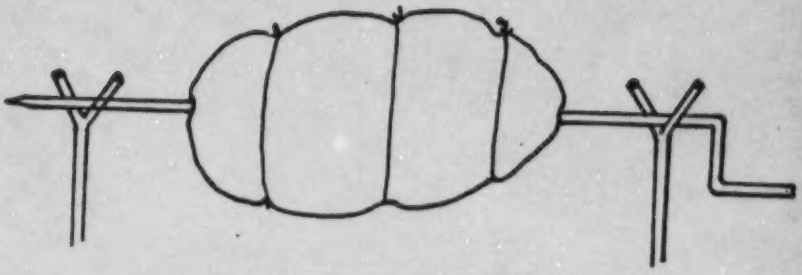


broche

Broche means to put food on a skewer.

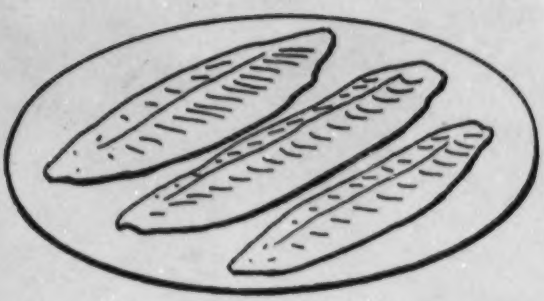
en brochette

En brochette is meat that is broiled on a skewer.



spit

A spit is a pointed spike used to roast or barbecue meat and chicken.



filet

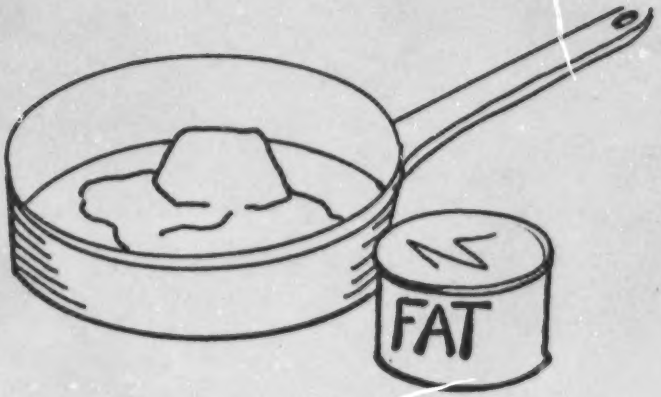
Filet is a piece of meat or fish with no bones.

giblet

Giblet is the cooked heart and liver of a chicken.

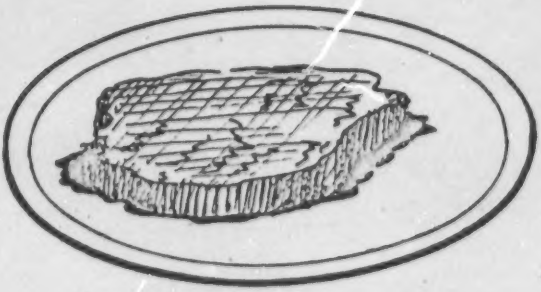
cacciatore

Cacciatore is chicken that has been sauteed and then baked in a spicy tomato sauce with mushrooms and chives.



suet

Suet is a hard animal fat used in cooking.



filet mignon

Filet mignon is a very good piece of steak.

DIRECTIONS CONTINUED:

1. Now you should get cards 133 to 141 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 13. Now rewind this tape and get cards 133 to 141.

BOOK III

Lesson 14

Meat

CULINARY ARTS

Book III

DIRECTIONS:

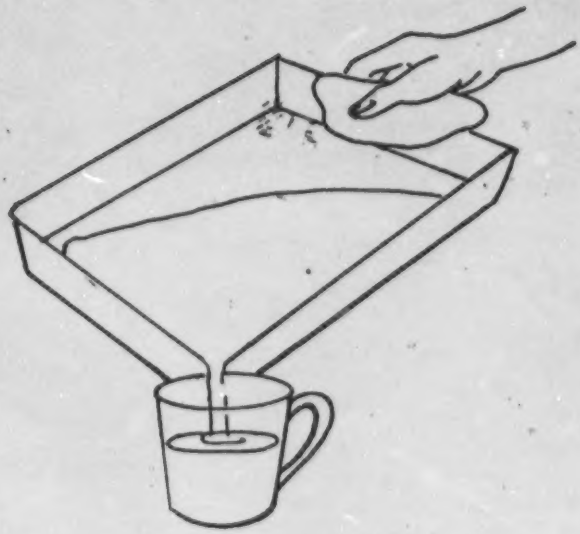
1. The words in this lesson are:

   drippings
   rasher
   dress
   truss
   rissoled
   glaze
   baste
   hand meat tenderizer

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

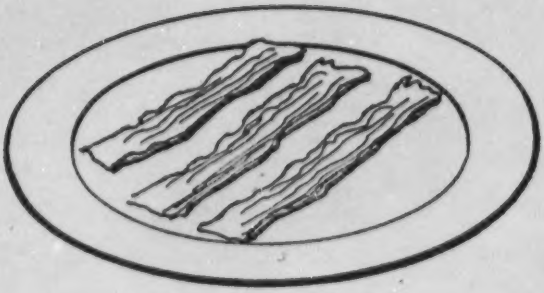
3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 142. The tape will say the words again.



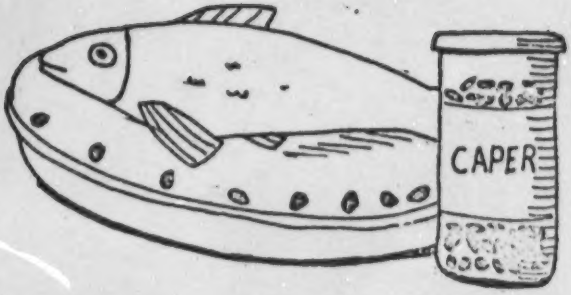
drippings

Drippings are the juices that drip from roasting meats.



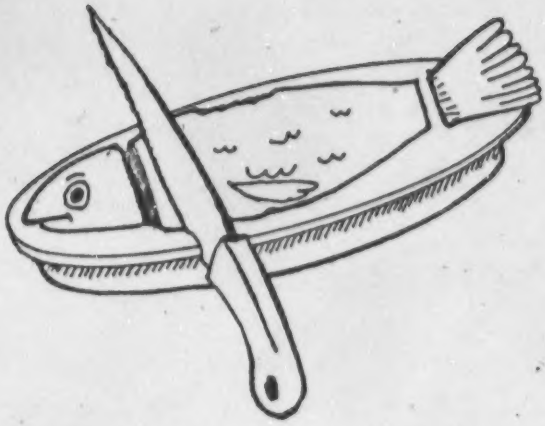
rasher

Rasher is a thin slice of bacon or ham. A rasher of bacon means three slices.



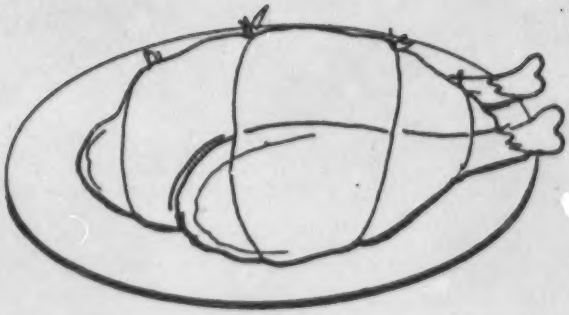
caper

A caper is a spiced flower bud used to flavor or decorate food.



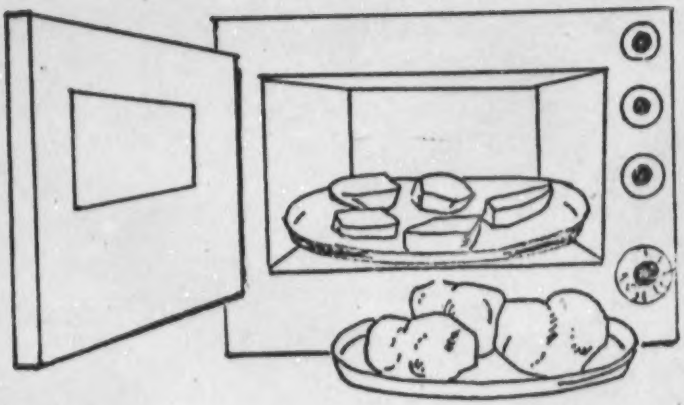
dress

Dress means to clean and trim food like fish or meat.



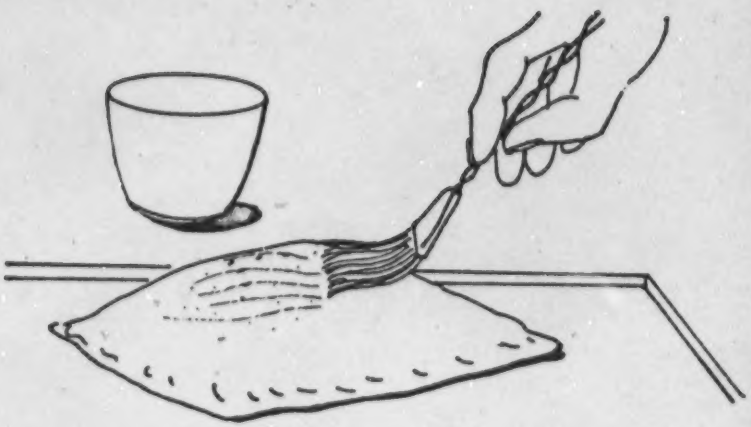
truss

Truss means to prepare meat or chicken for roasting by binding it with string and skewers.



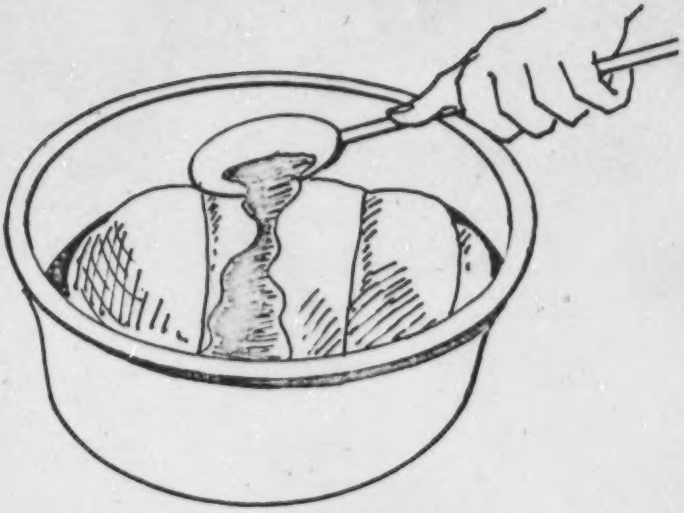
rissoled

Rissoled means that food has been browned in an oven.



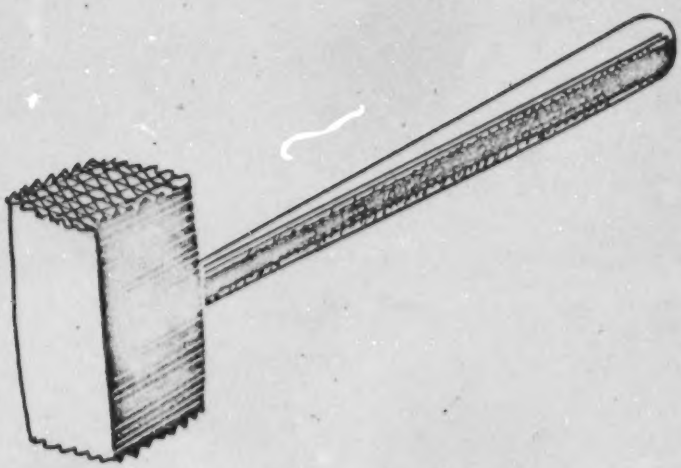
glaze

Glaze means to coat an item with a mixture of sugar and water or syrup.



baste

Baste means to put meat drippings over a piece of meat. Basting gives the meat flavor and stops it from getting dry.



hand meat tenderizer

A hand meat tenderizer is a solid block with a handle used to pound meat to help make it easier to chew.

DIRECTIONS CONTINUED:

1. Now you should get cards 142 to 150 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 14. Now rewind this tape and get cards 142 to 150.

BOOK III

Lesson 15

Desserts

CULINARY ARTS

Book III

DIRECTIONS:

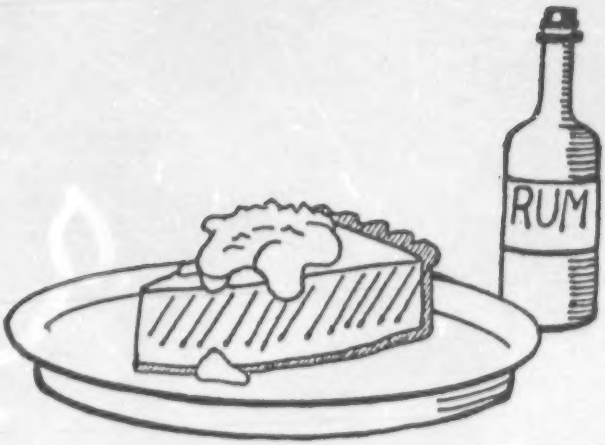
1. The words in this lesson are:

   baba au rhum
   baked alaska
   brown betty
   ambrosia
   bombe
   flambe
   meringue
   a la mode
   crepe
   eclair
   bavarian
   indian pudding

2. Each word has its own page with a picture. Under the picture, you will find the meaning of the word.

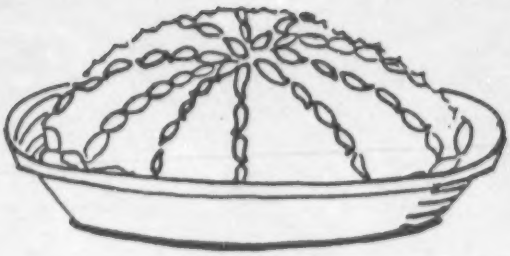
3. Turn the pages and look at the words while you listen.

4. When you get to the last word, turn back to page 151. The tape will say the words again.



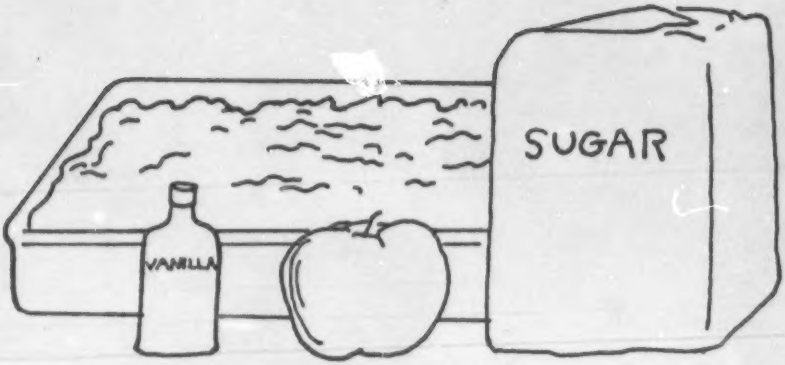
baba au rhum

Baba au rhum is a rum-flavored cake served with whipped cream.



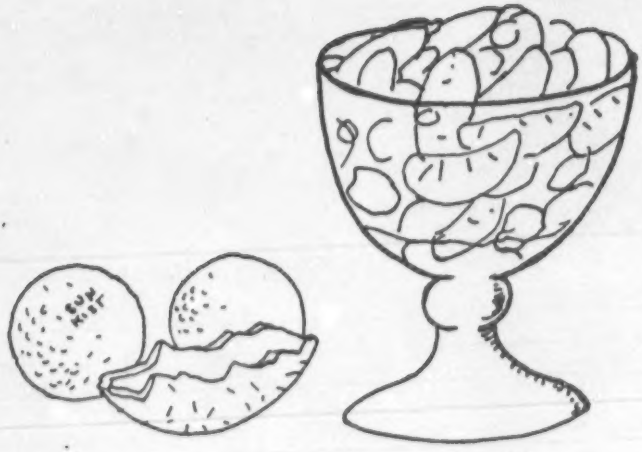
baked alaska

Baked alaska is ice cream on cake covered with meringue and browned very quickly in an oven.



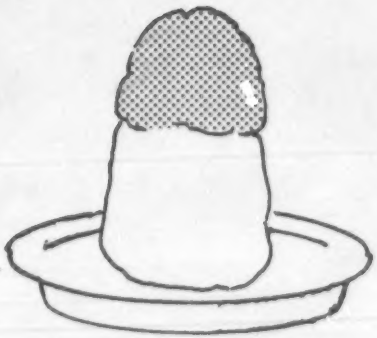
Brown Betty

Brown Betty is a type of pudding with apples, bread or cake crumbs, spices and sugar. Brown Betty is usually served with a vanilla or lemon sauce.



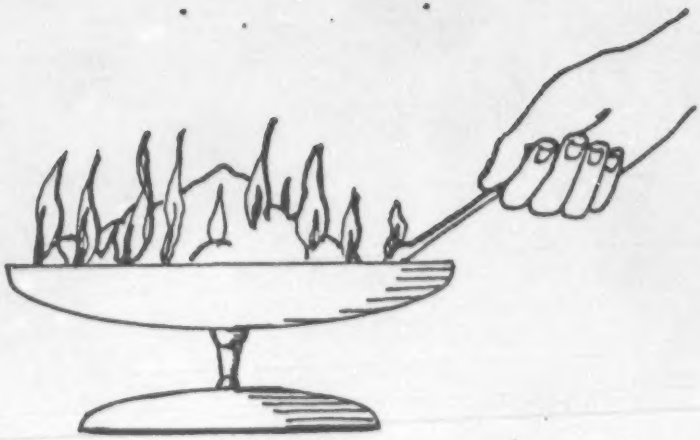
ambrosia

Ambrosia is made from several kinds of fruits covered with shredded coconut. Oranges are the main fruit.



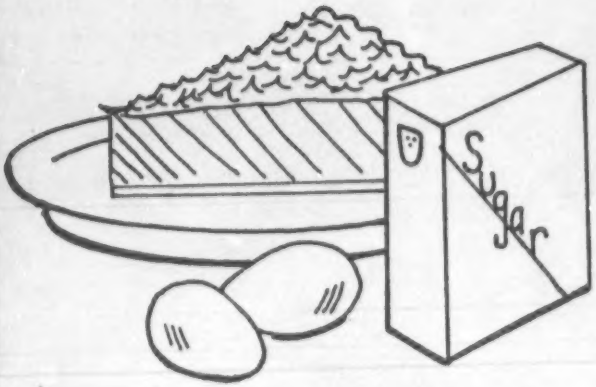
bombe

Bombe is a molded dessert of two or more ice creams.



flambe

Flambe is food containing alcohol. It is lit with a match and makes a very pretty flame.

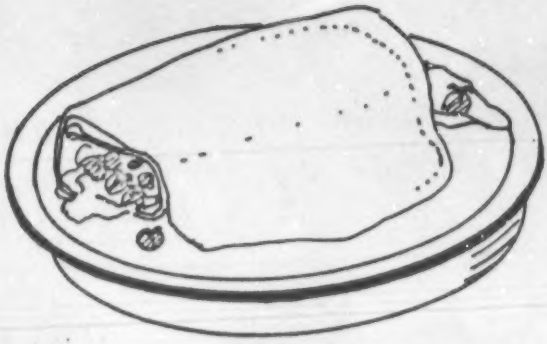


meringue

Meringue is a fluffy white mixture of egg whites and sugar used on top of pie or cake.

a la mode

A la mode means served with ice cream, like pie a la mode.

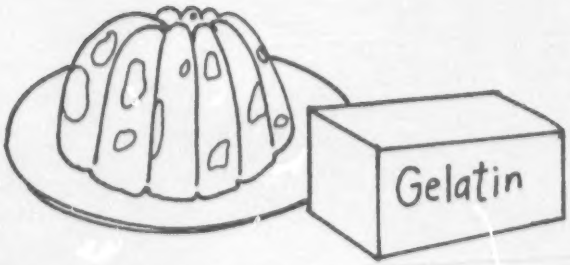


crepe

Crepe is a French word
for a very thin pancake.

eclair

Eclair is an egg pastry filled with whipped cream or custard and topped with icing.



bavarian

Bavarian is a molded dessert made of whipped gelatin and whipped cream that is folded together.

Indian pudding

Indian pudding is a pudding made from corn-meal, eggs, milk, raisins and brown sugar. Indian pudding is baked slowly in an oven.

DIRECTIONS CONTINUED:

1. Now you should get cards 151 to 162 from the box.

2. When you have the cards, look at the first picture and see if you know the meaning of the word.

3. Turn the card over and see if you are right.

4. Do the other cards in the same way.

5. If you do not get each one right, listen to the tape again. Then try the cards again.

6. If you do get them all right, ask your teacher for Activity 15.
Now rewind this tape and get cards 151 to 162.

CULINARY ARTS

Book III

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